

Turn off the TV

Title: You CAN walk away from that TV!

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Audience: Children

Objective: Activity ideas to do in place of watching television

Handout: None

Interactive Component: Manned display or for use in a personal setting: Children can create a stick with a ribbon on the end to dance with. They can bring an empty, clean milk jug and fill it with enough stones to make noise, and kick it around between them. Children can talk about their favorite book, or share a picture they drew while walking away from the television. Play charades - cut out strips, fold them, put them in a basket and have the children play the part.

Background: The 2005 Dietary Guidelines for Americans recommend at least 60 minutes of moderate to vigorous physical activity on most days for children to maintain good health and fitness and for healthy weight during growth. The tip sheet from the PTA Guiding Your Family's Medical and Technology Use states that television can be a source of information and education, as well as entertainment, for children. Broadcast networks are required to show at least 3 hours of educational programming a week, due to The Children's Television Act of 1990. A study posted by the Baylor College of Medicine speaks to watching television for 2 hours or less per day.

Resources:

www.health.gov/DietaryGuidelines/dga2005/document/

www.pta.org/Documents/TV_Tipsheet.pdf

<http://www.bcm.edu/news/item.cfm?newsID=978>

Evaluation Request: Wyoming SNAP hopes you find this information useful in your setting. We appreciate any and all comments or feedback on this display. Please connect and complete a quick survey at

<https://survey.uwyo.edu/TakeSurvey.aspx?SurveyID=p21L8o6K>.

Related files:

- Display elements
- Schematic/photograph of display